



TANNING: FREQUENTLY ASKED QUESTIONS

General Statistics:

An estimated 30 million North Americans – 65% to 70% of them women – turned to tanning salons in 2006 as a controlled alternative to outdoor tanning. In fact, the professional indoor tanning industry promotes responsible indoor tanning and sunburn prevention as “smart.”

Studies consistently have shown that once indoor tanning customers begin tanning in a professional salon, they are less likely to sunburn than they were before they started tanning. Studies have also shown that indoor tanners are less likely to sunburn outdoors as compared to non-tanners. **The question for each of us is: How much sun exposure is appropriate, and how much is too much?** That’s why we’re here – to counsel you on tanning in a controlled environment, including the best available skin care designed for your skin type.

Indoor vs. Outdoor tanning:

Indoor Tanning: with our state-of-the-art equipment allows us to monitor and control UV-A and UV-B exposure so that you can safely tan without burning. This controlled and comfortable environment allows you to easily maintain a healthy tan in under 60 minutes a month, saving you time and money. With the proper care this is the better, safer way to tan.

Outdoor Tanning: exposes you to uncontrolled and often excessive amounts of multi-frequency UV light that can cause “sunburn”, and eventually lead to permanent damage. Climate can also affect your tanning experience with over cast skies or sweltering temperatures that can make tanning uncomfortable, and often impossible to determine if there’s been over-exposure. Therefore, it is important to always wear the proper protection when tanning outdoors.

Skin Protection: Though sunscreen is not needed while tanning in our beds, we always recommend that you properly moisturize to protect your skin from dryness and damage that occurs from UV exposure. Sunlounge Spa offers quality products to aid in the acceleration of your tan, and to also properly maintain healthy skin.

Eye Protection: Lip and eye protection are always important. Lips don’t produce melanin, and eyelids are too thin to block UV light. That’s why it’s always important to wear lip balm with sunscreen and protective eye goggles. Sunlounge Spa offers the use of goggles to all of our customers. We carry a line of lip balm that we sell.

Medication: Some medications are not recommended while tanning. If you are on any medications please consult your doctor about tanning.

GENERAL TANNING QUESTIONS:

How does tanning work?

Tanning takes place in the skin’s outermost layer called the epidermis where special cells called the melanocytes react to ultraviolet (UV) light. When exposed to UV-B light (short wave UV), melanocytes produce the pigment known as melanin. The pinkish melanin travels up through the epidermis and is absorbed by other skin cells. When exposed to UV-A light (longer wave UV), melanin oxidizes or darkens. This is your skin’s way of protecting itself against too much UV light.

Can anybody tan?

Certain skin types cannot tan, but anybody can get a beautiful golden-tan look with our sunless tanning system. Our tanning professionals can help you determine the type of tanning best suited to your skin type. The six basic skin types are:

Skin type 1: Always burns, never tans

Skin type 2: Burns easily, tans slightly

Skin type 3: Sometimes burns, tans gradually

Skin type 4: Burns minimally, always tans well

Skin type 5: Burns rarely, tans deeply

Skin type 6: Almost never burns, deeply pigmented

Why are lotions necessary?

Tanning without a lotion will deplete your skin of its much-needed moisture. Indoor tanning lotions can help stimulate the production of melanin, your skin's natural dark pigment, so that your skin tans more quickly, gets darker and keeps its tan longer. Plus, our lotions have moisturizers that keep your skin soft and healthy. Premium lotions deliver vitamins, moisturizers, natural oils and other ingredients to revitalize the skin and encourage melanin production.

Do I need an appointment to tan?

No appointments are required. Since our salons have more beds than the average tanning salon, you should be able to get a bed whenever you want with minimal or no waiting time.

Do I have to sign a contract?

We offer a no-hassle monthly membership with no contracts required. You may cancel your membership at any time without worry of cancellation fees.

I'm pregnant. Is it okay for me to tan?

We recommend that you check with your doctor.

Can I choose my tanning level?

Yes, you can choose your tanning level. Your skin is evaluated to determine the color you want to achieve. We custom formulate the airbrush solution for each individual to guarantee the most natural airbrush tan. That's when your airbrush tanning experience begins.

What is DHA?

Dihydroxyacetone (DHA) is present in plant, human and animal cells. DHA is considered a natural substance found in the human body. When DHA is put on your skin, it interacts with amino acids that create the brown color.

UV TANNING QUESTIONS:**I don't tan outdoors. Will I be able to tan in a bed?**

If you can't get color from the sun, you can't get color in a sunbed bed. However, our sunless tanning system can give you a natural-looking tan without any UV exposure at all.

Do I have to wear eye protection?

Yes, it is required by law in most states because eyelids are not thick enough to protect your eyes from UV damage. We provide FDA-approved eyewear at no charge in each tanning room as well as clear goggles in the Mystic Rooms.

What should I wear in the tanning bed?

Since each tanning bed is in a private room, you can wear whatever you're most comfortable in – or nothing at all.

How do I know the beds are clean?

We use FDA-approved cleaning and disinfecting solutions after every customer's tanning session. The store manager will be happy to show you our cleaning logs. The solution is tested daily to ensure proper sanitizing properties exist.

How often do you change the bulbs in each bed?

We follow the manufacturer's guidelines for bulb replacement so that you will achieve the best results from your sessions. We typically change our bulbs when they have reached 80% of their capacity so your tan doesn't suffer from weaker UV rays.

AIRBRUSH TANNING QUESTIONS:

What are the benefits of airbrush tanning?

- 1. Dries Instantly:** Our airbrush solution is formulated specifically for airbrush tanning only. When the solution is applied to your skin it dries instantly. Within minutes you are ready to get dressed and go.
- 2. Odorless:** When our airbrush solution dries it is virtually odorless. All scented formulas are fragranced with natural extracts of raspberry and almond. No foul smell throughout the day.
- 3. Natural Appearance:** Our breakthrough micro-nutrient technology delivers a potent blend of vitamins and antioxidants to boost the skin's inherent glow while developing a rich natural bronze. Formulated to work across a wide spectrum of skin tones, our solution works with the skin's pigment creating a customized shade for each client.
- 4. Anti-aging** and skin firming benefits.

What are the preparation procedures for airbrush tanning?

- Your skin must be as clean and soft as possible.
- For extremely dry skin, use an oil based salt scrub exfoliator 36 - 48 hours prior to your Airbrush tan.
- Do not use any oil-based product within 24 hours of your Airbrush Tan.
- Just before receiving your Airbrush Tan, shower using Norvell TuneUp (a non oil-based exfoliator).
- Make sure to shave before your Airbrush Tan.
- Do not apply any lotion, oil, make-up or deodorant, as they will inhibit the DHA from absorbing in skin.

What do I wear?

- Wear dark loose clothing to your appointment. Do not wear tight under garments, socks, shoes, or other clothing that may rub off the Airbrush solution.
- During your Airbrush Tan you may wear a dark bathing suit, underwear, or thong (whatever you feel comfortable wearing, which will give you the most bare skin for your Airbrush Tan. Do not wear any light colored clothing, to avoid staining.
- Apply lip balm such as Dr. Sun, Australian Gold or Coco Beach.
- You may want to put an old towel on your car seat, to avoid staining the seat.

How long does the airbrush tan process take?

The whole process takes approximately five to ten minutes. Our solution is formulated for airbrush tanning only. When the solution hits your skin, it dries instantly.

How does airbrush tanning work?

We have airbrush artist on site to carefully evaluate your skin type and produce a solution formulated especially for your skin. All airbrush tans are applied through a hand held airbrush gun that sprays a fine mist over your skin. We will give you the coverage you want satisfaction guaranteed.

How long will my airbrush tan last?

Normally your airbrush tan lasts between 7 – 14 days. We recommend using proper moisturizers to lock in your tan. When you are finished with your custom airbrush tan we will provide you with a simple tip sheet that explains all the finer details of maintaining your airbrush tan.

Is there anything I can do to extend the life of my airbrush tan?

Yes. We highly recommend that you moisturize 2-3 times a day. This will lock in your airbrush tan and insure that it fades evenly. But most of all keep your showers short and the water temperature luke warm. At Sunlounge Spa, we offer many exclusive products that will extend your airbrush tan.

- Do not plan any activities that will cause you to sweat or cause your clothing to rub against your skin for at least 4 hours (preferably 8 hours).
- Do not bathe or swim for at least 8 hours after your Airbrush Tan. It is preferable to wait at least 16 hours before using soap. Use only mild body wash.
- Do not use harsh soaps any time prior to or after your Airbrush Tan.
- Do not apply any lotion for 8-12 hours after your session.
- After that, apply only a high quality lotion such as Body Drench or Supre Moisturizer, twice a day. These lotions are designed specifically for tanners and will not dry out your skin, as many over-the-counter lotions will.
- To extend your tan further, we recommend using Norvell Pro-Long. Wait at least 24 hours after your Airbrush Tan, then use daily.
- You may also purchase Sunless lotion, mousse, or sprays for touching up any areas necessary.
- To maintain your tan have an Airbrush session every 7 to 10 days.
- This product does NOT provide protection from sunburn.